

# THE UPSIDE OF OUTSIDE

SPRING 2016 ACTIVITY & PROGRAM GUIDE



[SDPARKS.ORG](http://SDPARKS.ORG) | 858-694-3030



# special events



**FELICITA COUNTY PARK**  
**724 CLARENCE LANE**  
**ESCONDIDO 92025 | 760-745-4379**

## Renaissance Faire

Step back in time to 1572 where more than 500 knights, gypsies, barbarians, jugglers and magicians re-enact the Elizabethan Age. Visit the Pirate Village. Attend an audience with Queen Elizabeth and her Court. Thrill to live battle re-enactments. Feast on ethnic food and drinks. Stroll through the Village Market Place and the enchanted Gypsy encampments. Take in a show at one of the three live performance stages. Join in the fun of street entertainers, musicians. Capture the pageantry of the Queen's procession through the beautiful Felicita forest. For more information, visit [www.goldcoastfestivals.com](http://www.goldcoastfestivals.com).

**Date:** Saturday-Sunday, April 23-24; April 30-May 1  
**Time:** 10 a.m.- 5 p.m.  
**Fee:** \$5 parking fee  
**Admission:** Adults \$18, Seniors (62+) \$15  
Children (11 and under) \$8, 4 and younger free.  
**Admission includes all entertainment.**

**Age:** All



## LOUIS A. STELZER COUNTY PARK

**11470 WILDCAT CANYON ROAD**  
**LAKESIDE 92040 | 619-561-0580**

## Ground Squirrel Day

While Punxsutawney Phil is busy in Pennsylvania, our local ground squirrels are preparing to see their shadows... or not! Come out to Louis A. Stelzer County Park to see if we will have six more weeks of winter. You might even get to play a round of Squirrel Hole Golf! See the ranger for details. Meet at the ranger station.

**Date:** Tuesday, Feb. 2  
**Time:** 12 p.m.  
**Fee:** \$3 parking fee  
**Age:** All

## Vets and Pets

Animals and people can enrich each other's lives! We will be connecting veterans with pets at Stelzer County Park with help from a local animal shelter. They will bring dogs out for folks to play with and to take for a walk. Adoptions can be arranged! Meet at Picnic Area 1.

**Date:** Sunday, Feb. 14  
**Time:** 12 p.m.  
**Fee:** \$3 parking fee  
**Age:** Adults

## Read Across America Day

Listen to the ranger read The Lorax, while learning about our local trees. Open ears and hearts are welcome. Meet at the ranger station.

**Date:** Wednesday, March 2  
**Time:** 12 p.m.  
**Fee:** \$3 parking fee  
**Age:** Youth

## Annual Leprechaun Hunt

Do they exist? Do you feel lucky? Come out to Stelzer to try to catch some very elusive leprechauns. If you can find them, bring them to the ranger office and trade them for bags of 'gold'!

**Date:** Saturday, March 12  
**Time:** 9:30 a.m.  
**Fee:** \$3 parking fee  
**Age:** Youth

## Junior Rangers Arbor Day Edition

"Meet" local trees at Stelzer! Jr. Rangers will study park trees in detail and see first-hand why they are so wonderfully cool. Tree huggers welcome.

**Date:** Saturday, April 23  
**Time:** 11 a.m.  
**Fee:** \$3 parking fee  
**Age:** Youth



**WATERFRONT PARK**  
1600 PACIFIC HIGHWAY  
SAN DIEGO 92101 | 619-232-PARK



## Hullabaloo on the Waterfront

Bring the whole family down to Waterfront Park for an evening full of fun and dancing! Hullabaloo is a free-range, organic, folk concert featuring a foot-stomping, wing-flapping celebration of song designed for kids that honors and entertains all! Meet at Civic Green 5.



**Date:** Sunday, May 29  
**Time:** 6 p.m.  
**Fee:** Free  
**Age:** All

# EMBRACE THE OUTDOORS

## GET MARRIED AT A SAN DIEGO COUNTY PARK



**Reservations**  
877-565-3600  
[sdparks.org](http://sdparks.org)



## headquarters

5500 Overland Ave., Suite 410  
San Diego, CA 92123  
858-694-3030 • [sdparks.org](http://sdparks.org)

## vision

A park and recreation system that is the pride of San Diego County

## mission statement

We enhance the quality of life in San Diego County by providing opportunities for high-level parks and recreation experiences, and preserving regionally significant natural and cultural resources.

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# special events



**DOS PICOS COUNTY PARK**  
17953 DOS PICOS ROAD  
RAMONA 92065 | 760-789-2220

## Annual Egg Hunt

You're invited to Dos Picos' Annual Easter Egg Hunt. Bring the whole family and enjoy a morning egg hunt with the Easter Bunny. Don't forget your baskets! Donations accepted at this free event.

Date: Saturday, March 26  
Time: 10 a.m. – 12 p.m.  
Fee: \$3 parking fee  
Age: All

## EL MONTE REGIONAL PARK

15805 EL MONTE ROAD  
LAKESIDE 92040 | 619-443-1474

## Spring Eggstravaganza

The Bunny will be visiting El Monte Park! Children of all ages are welcome to attend a day of egg hunts, egg decorating and other springtime activities. El Monte Rangers will be on site to spread fun facts about eggs and the local wildlife that call this park home. Pack a lunch! The park features nice lawns and shaded picnic areas.

Date: Sunday, March 20  
Time: 11 a.m. – 2 p.m.  
Fee: \$3 parking fee  
Age: All

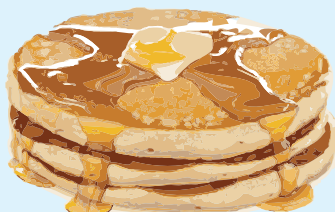


**FALLBROOK COMMUNITY CENTER**  
341 HEALD LANE  
FALLBROOK 92028 | 760-728-1671

## Annual Egg Hunt and Breakfast

Bring the whole family and join the Bunny for a tasty pancake breakfast and egg hunting fun! Fallbrook Firefighters Association will serve up a delicious pancake breakfast as the Bunny hops around to meet children. After breakfast, egg hunts are arranged by age group and will be followed by fun games and contests.

Date: Saturday, March 26  
Time: 7:30 – 11 a.m.  
Fee: \$4 – ages 0-11  
\$5 – ages 12+  
FREE egg hunt  
Age: All



**SPRING VALLEY COMMUNITY CENTER**  
8735 JAMACHA BOULEVARD  
SPRING VALLEY 91977 | 619-479-1832

## Annual Egg Hunt and Breakfast

The entire family will enjoy a special visit from the Spring Valley Bunny! Breakfast includes pancakes, sausage, juice, coffee and milk – all served by the enthusiastic Spring Valley Kiwanis Club.

The egg hunt follows breakfast. Activities are planned for all ages, especially the kids! This event is sponsored by the Spring Valley Community Center Booster Club. Don't forget to bring your own basket.

Date: Saturday, March 26  
Time: Breakfast from 7 – 8:45 a.m.  
Egg hunt starts at 9 a.m.  
Fee: \$4 – ages 2 – 11, \$5 – ages 12+  
\$5 – pictures with the bunny  
Egg hunt – FREE  
Age: All

## LOUIS A. STELZER COUNTY PARK

11470 WILDCAT CANYON ROAD  
LAKESIDE 92040 | 619-561-0580

## Annual Egg Hunt

Meet the Bunny and collect a whole bunch of eggs! Stelzer plans on hiding more than 2,000 eggs inside park boundaries. Egg hunts will be divided by age groups, the first for 0-to-2-year olds, the second catering to kids ages 3 to 5, and the third for kids 6 and older. Games begin at 10 a.m., sharp! Bring your basket and hop to it! A \$1 donation per egg hunt participation will be accepted and appreciated.

Date: Saturday, March 26  
Time: 10 a.m. – 12 p.m.  
Fee: \$3 parking fee  
Age: All





## SAN DIEGUITO COUNTY PARK

1628 LOMAS SANTA FE DRIVE  
DEL MAR 92014 | 858-755-2386



## SAN ELIJO LAGOON NATURE CENTER

2710 MANCHESTER AVENUE  
CARDIFF 92007 | 760-634-3026

### Spring Eggstravaganza

Spring has sprung, so let's celebrate with a furry, bunny friend! San Dieguito's Annual Spring Eggstravaganza event is 2 hours full of arts and crafts, moon bouncing, games and more! The event will culminate with two, age-separated egg hunts! Kids who are 1 to 5 years old will be the first group and the second group (ages 6 -12) will follow. Keep your eyes peeled for the special golden eggs with bonus prizes!

Date: Saturday, March 12  
Time: 10 a.m. – 12 p.m.  
Fee: \$3 parking fee  
Age: All



### Spring EGGucation

Join us for a different spin on the traditional egg hunt, where families will enjoy an up-close look at all sorts of critters that hatch from eggs including reptiles, birds and insects! Children will also enjoy an "egg-citing" trivia hunt along the loop trail and earn candy-filled eggs along the way. Themed crafts and hands-on activities will be fun for the whole family.

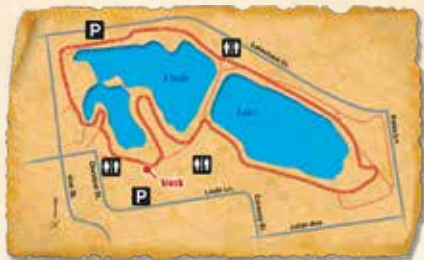
Date: Saturday – Sunday, March 19 – 20  
Time: 1 – 4 p.m.  
Fee: Free  
Age: All



## CHECK OUT A TRACK TRAIL

The TRACK Trail program is a nationwide network of outdoor adventures for kids. Adventure seekers earn rewards online for visiting parks and learning about the local environment.

Visit all three TRACK Trail locations:



**Lindo Lake County Park**  
12660 Lindo Ln.  
Lakeside, CA 92040



**Louis A. Stelzer County Park**  
11470 Wildcat Canyon Rd.  
Lakeside, CA 92040



**San Elijo Lagoon Nature Ctr.**  
2710 Manchester Ave.  
Cardiff, CA 92007

Spend some time in sunshine! Discover local wildlife!  
Learn about native habitats and what we're doing to protect them!  
Activities along the trail are both fun and informative.

All ages and abilities are welcome.

## SAN DIEGO COUNTY PARKS AND RECREATION

877-565-3600 • [sdparks.org](http://sdparks.org) • [kidsinparks.com](http://kidsinparks.com)





# trails



## AGUA CALIENTE REGIONAL PARK

39555 GREAT SOUTHERN OVERLAND

STAGE ROUTE OF 1849

JULIAN 92036 | 760-765-1188

### Marsh Trail Hike

Meet with naturalist Birgit Knorr at the ranger station for a leisurely hike to discover the plants and animals that thrive in this desert oasis. Hikers will explore the summer and winter rainy seasons at Agua and witness their impacts in the environment. Bring weather-appropriate clothes, footwear and water. Inclement weather will cancel this event.

**Date:** Sundays, Feb. 14, March 13, April 10

**Time:** 9:30 a.m.

**Fee:** Free for campers/\$3 parking fee

**Age:** All

## EL CAPITAN PRESERVE

13775 BLUE SKY RANCH ROAD

LAKESIDE 92040 | 619-561-0580

### El Capitan Extreme Hiking Challenge

El Capitan is one of the most rugged and difficult trails in San Diego County. Are you ready for the CHALLENGE? Come hike part of the trail – or the entire thing – with the aide of a ranger. Bring a gallon of water, sturdy shoes, a hat, sunscreen, and snacks to get you through a very difficult 7-hour, 12-mile round-trip hike up to the top El Cajon Mountain (in El Capitan Preserve). Be prepared for several thousand of feet of elevation gain and loss on very steep and slippery sections of trail with extremely uneven footing. Programs and times are subject to change depending on the weather and ranger availability.

**Date:** Saturdays

**Time:** 9 a.m. – 4 p.m.

**Fee:** Free

**Age:** All

### Warrior Hike: Spring Edition

Celebrate Memorial Day with a good, hard hike. Local military families and civilians alike are invited to hike 'El Cap' with a ranger. Bring a gallon of water, snacks and lunch. Wear sturdy shoes or boots, a hat and sunscreen. Be prepared to sweat and see the best view of San Diego in San Diego! Programs and times are subject to change depending on the weather and ranger availability.

**Date:** Monday, May 30

**Time:** 8 a.m. – 3 p.m.

**Fee:** Free

**Age:** All

## EL MONTE COUNTY PARK

15805 EL MONTE ROAD

LAKESIDE 92040 | 619-443-1474

### El Monte Flume Trail Hike

Hikers will discover the Historical Flume that was built in the late 1800s to bring water from the Cuyamaca Mountains to the City of San Diego. Hikers will learn about the fauna and flora of Blossom Valley hill, view a tunnel that was built in the late 1800s and enjoy the gorgeous views of El Monte Valley. This hike begins with a strenuous quarter-of-a-mile up-hill switch-back section before hitting the Historical Flume Trail; the remaining trail is easy-to-moderate. It is 1 mile west of the tunnel and 1.5 mile east of the tunnel. Meet the ranger at the staging area parking lot across street from the main park. Wear appropriate hiking shoes, sun protection and bring water. Inclement weather will cancel this event.

**Date:** Saturdays, Feb. 6, March 5, April 2, May 7

**Time:** 9 – 11 a.m.

**Fee:** Free

**Age:** All







## **FELICITA COUNTY PARK**

**742 CLARENCE LANE**

**ESCONDIDO 92025 | 760-745-4379**

### **Museum Tour and Nature Hike**

Join County rangers for a staff-led museum tour and nature hike at Felicita County Park. Meet in the main picnic area, visit the park museum and hike along Felicita Creek. See the grinding stones. Learn about the plants and animals that live in the park. Bring water, a hat and walking shoes.

**Date:** Saturdays, Feb. 13, March 12, April 9, May 14

**Time:** 1 p.m.

**Fee:** \$3 parking fee

**Age:** All

## **FLINN SPRINGS COUNTY PARK**

**14787 OLD HIGHWAY 80**

**EL CAJON 92021 | 619-561-0180**

### **Hike the Trails of Flinn Springs**

Join Ranger Patty on a moderate hike around the trails of Flinn Springs County Park to discover the native plants found there. Discuss how these plants were used by natives, and the benefits they provide to local wildlife. Wear comfortable shoes and weather-appropriate clothing. Meet in the parking lot by the entrance. Inclement weather will cancel this event.

**Date:** Sunday, Feb. 21

**Time:** 10 a.m.

**Fee:** \$3 parking fee

**Age:** All



### **What Lives Here?**

Join Ranger Patty on a moderate hike along the park's trails to discover the homes of various critters. From tarantulas to hawks to crawdads, we will observe and learn from a distance. This hike starts at Area 3! Wear comfortable shoes and dress appropriately for the weather. Please no dogs as they will scare the critters away.

**Date:** Sunday, April 24

**Time:** 10 a.m.

**Fee:** \$3 parking fee

**Age:** All

### **A Wild Flower Power Day!**

Spring has sprung and so have the bloomin' posies! Join a ranger on a moderate hike to see, and learn about, the season's wildflowers. Wear comfortable shoes, a hat and dress appropriately for the weather. Water is recommended. This hike starts at Area 3!

**Date:** Sunday, May 15

**Time:** 10 a.m.

**Fee:** \$3 parking fee

**Age:** All



## **LAKE MORENA REGIONAL PARK**

**2550 LAKE MORENA DRIVE**

**CAMPO 91906 | 619-579-4101**

### **Interpretive Nature Hike**

During the hike, you will learn about native plants in this area and how the Kumeyaay Indians utilized the natural vegetation in their daily lives. You will also learn the history of Lake Morena. The hike lasts about an hour and is about a half-mile long. Call in advance to verify the hike start time. Bring water and wear comfortable hiking shoes. Inclement weather will cancel this event.

**Date:** Saturdays,

**Feb. 13, 20; March 12, 26; April 9, 23; May 14, 28**

**Time:** 2 – 3:30 p.m.

**Fee:** Free for campers/\$3 parking fee

**Age:** All



# trails

## OAKOASIS PRESERVE

12620 WILDCAT CANYON ROAD  
LAKESED 92040 | 619-561-0580

### Oakosasis Sunday Stroll

The Oakosasis Sunday Stroll is a nice and moderately challenging walking opportunity that the whole family can enjoy. The 3-mile loop meanders through dense chaparral and riparian habitats and features fantastic overviews of San Vicente Reservoir. In the spring, there will be native wildflowers including the fragrant Lakeside Lilac. Be prepared for a few hundred feet of elevation gain and loss on a dirt trail that can be steep and slippery. Programs and times are subject to change depending on the weather and ranger availability. Bring a half gallon of water per person, sturdy shoes, sun protection and snacks.

**Date:** Sundays  
**Time:** 2 – 4 p.m.  
**Fee:** Free  
**Age:** All



## SAN ELIJO LAGOON NATURE CENTER

2710 MANCHESTER AVENUE  
CARDIFF 92007 | 760-634-3026

### TRACK Trail Self-Guided Adventures

Get kids “un-plugged,” outdoors and reconnected with nature! San Elijo Lagoon Nature Center has four TRACK Trail brochure-led activities designed to turn an ordinary hike into a fun-filled adventure. Topics include Birds of San Elijo Lagoon, Nature’s Relationships, Animal Athletes, and a Nature Hide and Seek. Kids can also earn prizes for TRACKing their TRACK Trail adventures in an online nature journal on the kidsinparks.com website.

**Date:** Daily  
**Time:** 9 a.m. – 4:30 p.m.  
**Fee:** Free  
**Age:** All



## SANTA YSABEL EAST PRESERVE

500 FARMER ROAD  
JULIAN 92036 | 760-765-4098

### Back Trails Hike at Santa Ysabel East

Join Ranger Bill on a hike through Santa Ysabel East Preserve. Enjoy discussions about the history, plants and wildlife of the preserve while hiking through areas you normally don’t get to see! This will be a moderate-to-strenuous hike with lots of elevation changes. The total distance will be 8 miles. Meet at the 79 gate. Dress in layers as the temperature will vary during the hike. Wear sturdy hiking shoes. Bring plenty of water and a snack for the trail. Inclement weather will cancel this event.

**Date:** Saturday, April 9  
**Time:** 9 a.m. – 2 p.m.  
**Fee:** Free  
**Age:** All



### Spring Flower Hike

Join Ranger Bobbi on a 7-mile hike around the Kanaka Loop Trail in search of wildflowers. Meet at the kiosk in the Farmer Staging area. Wear appropriate hiking attire. Bring plenty of water and snacks for the trail. Inclement weather will cancel event.

**Date:** Sundays, May 29, June 12  
**Time:** 9 a.m. – 1 p.m.  
**Fee:** Free  
**Age:** All

### History Walk and Talk

Take a hike with Ranger Roland through the Santa Ysabel East Preserve including some areas not normally seen by the public. Roland will discuss the history of the valley and the Julian area. This hike will be 7 miles in length and will include some hills. Meet at the kiosk in the Farmer Staging area. Wear appropriate hiking attire. Bring plenty of water and snacks for the trail. Inclement weather will cancel this event.

**Date:** Saturday, June 4  
**Time:** 9 a.m. – 1 p.m.  
**Fee:** Free  
**Age:** All





## **SANTA YSABEL WEST PRESERVE**

**23000 HIGHWAY 78**

**SANTA YSABEL 92070 | 760-765-4098**

### **Back Trails Hike at Santa Ysabel West**

Join Ranger Bill on a hike through some of the back trails of the Santa Ysabel West Preserve. Enjoy discussions on the history, plants and wildlife while hiking through areas in the Preserve you normally don't get to see! This is a moderate-to-strenuous hike with a total distance of 7 miles and plenty of hills. Wear appropriate hiking attire and bring water. Inclement weather will cancel this event.

**Date:** Saturday, June 11  
**Time:** 9 a.m. – 2 p.m.  
**Fee:** Free  
**Age:** All



## **TIJUANA RIVER VALLEY REGIONAL PARK**

**2721 MONUMENT ROAD**

**SAN DIEGO 92154 | 619-428-2946**

### **Bird and Butterfly Nature Walk**

This is a 1-hour, docent-led Nature Walk through the Tijuana River Valley Regional Park Bird and Butterfly Garden. Docents will lead visitors on a walk-through of the garden, pointing out and discussing the different types of butterflies and birds that can be seen at the garden. Visitors will be encouraged to ask questions and impart their own knowledge on the topic. Wear comfortable shoes and clothing. Binoculars and cameras are encouraged. Meet at the Bird and Butterfly Garden.

**Date:** Sunday, March 13  
**Time:** 11 a.m. – 12 p.m.  
**Fee:** Free  
**Age:** All

## **VOLCAN MOUNTAIN WILDERNESS PRESERVE**

**1209 FARMER ROAD**

**JULIAN 92036 | 760-765-4098**

### **Hike to the Summit!**

Take a hike to the summit of Volcan Mountain. Enjoy spectacular views of San Diego County from the trail on your way up and from the summit. This hike is considered strenuous with an elevation gain of 1,000 feet from the parking area to the top. Park along Farmer Road and hike up the gravel road to the Hubbell gate. Wear appropriate hiking attire. Bring plenty of water and snacks for the summit. Inclement weather will cancel this event.

**Date:** Saturday, April 2; Sunday, April 10  
**Time:** 9 a.m. – 1:30 p.m.  
**Fee:** Free  
**Age:** All



## **WILLIAM HEISE COUNTY PARK**

**4945 HEISE PARK ROAD**

**JULIAN 92036 | 760-765-0650**

### **Off The Beaten Path**

Explore an undeveloped area of Heise Park to observe the forest's life-and-death struggle to survive. Fires and invasive bugs threaten this intricate ecosystem. Join us on a 90-minute walk to see how rangers maintain the park behind the scenes. Learn how everyone can help or hinder the preservation of these valuable natural settings. Wear sturdy shoes as this trip goes off-trail. Depart from amphitheater after a short safety briefing. Inclement weather will cancel this event.

**Date:** Saturday, Feb. 6  
**Time:** 2 – 3:30 p.m.  
**Fee:** Free for campers/ \$3 parking fee  
**Age:** 10 and up

### **Sunday Morning Hike**

Join park staff for an easy-to-moderate hike through the trails of Heise County Park. Hikes typically last about 1 hour. Trail selection will depend on the make-up of group participants, and ranger preference. Bring water, snacks, a hat, sunscreen, a jacket and wear sturdy shoes. Programs and times are subject to change depending on the weather and ranger availability. Inclement weather may cancel this event.

**Date:** Sunday, Feb. 7  
**Time:** 10:30 – 11:30 a.m.  
**Fee:** Free for campers/\$3 parking fee  
**Age:** 10 and up

# education & enrichment



## FELICITA COUNTY PARK

742 CLARENCE LANE

ESCONDIDO 92025 | 760-745-4379

### Fire Awareness Day

Join park staff for a fun, educational and hands-on experience with local firefighters. CALFIRE will be on site with an in-service engine to demonstrate all of the tools of the trade. Participants will learn how to be fire-safe, and how to protect property.

Date: Saturday, March 26

Time: 1 p.m.

Fee: \$3 parking fee

Age: All

### Wildlife in the Park

Project Wildlife will be visiting the park with a wildlife ambassador. Get an informative, close-up presentation on animals from a knowledgeable expert. See a barn owl, red shouldered hawk, merlin falcon or other raptors. The event is fun for the whole family. Meet in the presentation area.

Date: Sunday, March 27

Time: 1 p.m.

Fee: \$3 parking fee

Age: All

## FLINN SPRINGS COUNTY PARK

14787 OLD HIGHWAY 80

EL CAJON 92021 | 619-561-0180

### Touch Table

Join us at our touch table where you will be introduced to live and taxidermied animals that are found in our area. See things close-up, and learn all kinds of neat information! Meet across the first bridge next to the playground.



Date: Sundays,  
March 20, April 17

Time: 11 a.m.

Fee: \$3 parking fee

Age: All



## AGUA CALIENTE REGIONAL PARK

39555 GREAT SOUTHERN OVERLAND

STAGE ROUTE OF 1849

JULIAN 92036 | 760-765-1188

### California Wolf Center

Join the California Wolf Center for an evening presentation that provides an up-close learning experience centered around these controversial predators. The California Wolf Center is dedicated to the recovery of wolves in the wildlands they once roamed. Meet at the amphitheater.

Date: Saturday, Feb. 6, March 5

Time: 6:30 p.m.

Fee: Free for campers/\$3 parking fee

Age: All

### Musical Gold Hill

Join guest Celia Lawley for a 1-hour, fast-paced show where she sings, acts and plays instruments for the enjoyment of all! Adult volunteers can participate in a brief reader's theater and children can participate in the miner's talent show. Meet at the amphitheater.

Date: Saturdays, Feb. 13, March 19, April 9

Time: 2 p.m.

Fee: Free for campers/\$3 parking fee

Age: All

### Skyhunters

Join guest speaker Nancy Conney and learn about various birds of prey found in San Diego County. See live birds and learn what to do if you find an injured bird. Space is limited. Donations for the care and feeding of birds is greatly appreciated.

Date: Saturdays, Feb. 20, March 12, April 2

Time: 3 p.m.

Fee: Free for campers/\$3 parking fee

Age: All



## Edible Plants

The table will be loaded with all sorts of nature-related items that will peak your interest and tap the curiosity of your inner child. Meet across the first bridge next to the playground.

Date: Sunday, May 15  
Time: 2 p.m.  
Fee: \$3 parking fee  
Age: All



## LAKE MORENA REGIONAL PARK

2550 LAKE MORENA DRIVE  
CAMPO 91906 | 619-579-4101

## Trout Season at Lake Morena

Trout season is here! Bring family and friends for a day at the lake, and catch some tasty “trophy” trout! To fish, you must have a California State Fishing license. In addition, you must purchase a County fishing and day use parking permit at the ranger station. Boats are available to rent. Due to low water levels, boat launching from trailers is not allowed. For daily fishing updates, call our recorded fishing line at 619-478-5473.

Date: Daily  
Time: Sunrise to sunset  
Fee: Free for campers/\$3 parking fee  
Age: All

## The Museum at Lake Morena

The museum at Lake Morena has been updated! Visit our museum and learn about the history, plants, animals, and Native Americans in the Lake Morena area. Directions, office hours and other helpful information is available at [sdparks.org](http://sdparks.org).

Date: Daily  
Time: Sunrise to sunset  
Fee: Free for campers/\$3 parking fee  
Age: All



## LINDO LAKE COUNTY PARK

12660 LINDO LANE  
LAKESIDE 92040 | 619-443-1666

## Lakeside, The Drought and the GSOB, Oh My!

Meet Ranger Roger to learn a little about the history of Lakeside, how the drought impacts us all, and the pest that is killing our oak trees.

Date: Saturdays  
Feb. 20, March 19, April 16, May 29, June 25  
Time: 10 – 11 a.m.  
Fee: Free  
Age: All

## LOUIS A. STELZER COUNTY PARK

11470 WILDCAT CANYON ROAD  
LAKESIDE 92040 | 619-561-0580

## Craft Time

Remember the fun of arts and crafts? Join park staff in making crafts you can keep, made from materials on site. A \$1 donation will be gratefully accepted to help cover the cost of craft supplies. Programs and times are subject to change depending on the weather and ranger availability.

Date: Saturdays and Sundays  
Time: 1 – 2 p.m.  
Fee: \$3 parking fee  
Age: Youth

## Junior Rangers

Do you like science and nature? Meet park staff to learn about everything from birds and plants to geology and local history. Be prepared for a short hike! Wear sturdy shoes, sun protection and bring water. Programs and times are subject to change depending on the weather and ranger availability.

Date: Saturdays  
Time: 11 a.m. – 12 p.m.  
Fee: \$3 parking fee  
Age: Youth



## Juggling and Circus Arts

Learn how to juggle or walk the slackline... or both at the same time! Bring your own juggling props or use the provided clubs, balls, poi and batons. Ranger Alex will give beginner/intermediate lessons. This is a great opportunity for birthday parties, home school lessons, and anyone who wants to learn how to juggle. Wear closed-toe shoes. Programs and times are subject to change depending on the weather and ranger availability. For more info or to schedule a large group, call the park office.

Date: Saturdays  
Time: 4 – 5 p.m.  
Fee: \$3 parking fee  
Age: All

# education & enrichment

## LOUIS A. STELZER COUNTY PARK (CONT.)

### Owl Discovery Day

Learn about the owls that live around Louis A. Stelzer County Park. Find out how owls' digestive systems work. Discover what the owl food web looks like and how to figure out what an owl ate during a meal. Let us help you bring to light how these birds of prey known as raptors survive and behave. We will be dissecting owl pellets as well. Call 619-561-0580 to make reservations. Programs and times are subject to change depending on the weather and ranger availability.



**Date:** Sunday, Feb. 28  
**Time:** 12 – 1 p.m.  
**Fee:** \$3 parking fee  
**Age:** 5-12

### Raccoon Discovery Day

Learn about those masked, crafty critters called raccoons! We will have hands-on activities and crafts to learn more about their lifestyle, habitat and anatomy. Call 619-561-0580 to make reservations.

**Date:** Sunday, March 13  
**Time:** 12 – 1 p.m.  
**Fee:** \$3 parking fee  
**Age:** 5-12

### Solar Sun Siting

It's time for the Vernal Equinox! The Day and Night are of equal length and the shadows have a special power... Our rangers will show you how to make a simple device that will allow you to measure latitude. Inclement weather will cancel this event.

**Date:** Sunday, March 20  
**Time:** 12:30 – 1:30 p.m.  
**Fee:** \$3 parking fee  
**Age:** All

### Coyote Discovery Day

Learn about coyotes and enjoy this animal in its natural habitat. We will do several activities relating to the coyote and learn about its lifestyle, anatomy, expressions, and hunting and survival adaptations. Call 619-561-0580 to make reservations. Programs and times are subject to change depending on the weather and ranger availability.

**Date:** Sunday, April 3  
**Time:** 12 – 1 p.m.  
**Fee:** \$3 parking fee  
**Age:** All



## RANCHO GUAJOME ADOBE

2210 N. SANTA FE AVENUE  
OCEANSIDE 92083 | 760-724-4082

### School Tours

Teachers can arrange school tours for their 3rd, 4th, and 5th graders by calling the park office. Tours must be arranged at least one month in advance. The Adobe tour includes a brick-making activity with a ranger. School groups are also welcome to stay and utilize the park's outdoor picnic venue.

**Date:** Wednesdays and Thursdays  
**Time:** By appointment only  
**Fee:** \$1 per student  
**Age:** 3rd, 4th, 5th grades



### Guided Tours

Guided tours last about an hour and cover the 28-room adobe ranch house (weather permitting). Many of our docents have been providing these interpretive programs for years – each bringing a unique perspective on the history of the ranch house and of the Coutts family.

**Date:** Wednesday through Sunday  
**Time:** 12 p.m.; Saturday-Sunday, 12 p.m. and 2 p.m.  
**Fee:** \$3  
**Age:** Adults

### Self Guided Tours

Grab a map and take a self-guided tour of the adobe ranch house!

**Date:** Wednesday through Sunday  
**Time:** 9:30 a.m. – 4 p.m.  
**Fee:** \$3 adults; \$1 children  
**Age:** All





**SAN ELIJO LAGOON NATURE CENTER**  
**2710 MANCHESTER AVENUE**  
**CARDIFF 92007 | 760-634-3026**

### Sunday Family Fun Day

Pack up the kids and head to San Elijo Lagoon Nature Center to join us for some fun, nature-themed activities and crafts, featuring the TRACK Trails program! Topics vary by month so there is always something new to discover. The whole family will enjoy exploring the Nature Center exhibits and the family-friendly Nature Center loop trail.

Date: First Sunday of the month  
 Time: 11:30 a.m. – 1:30 p.m.  
 Fee: Donations accepted  
 Age: All



**SANTA YSABEL EAST PRESERVE**  
**500 FARMER ROAD**  
**JULIAN 92036 | 760-765-4098**

### Arbor Day Tree Planting in the Preserve!

Help plant trees in the preserve in the spirit of Arbor Day. Trees provide shade, shelter, food – they even change carbon dioxide back into oxygen! Learn the history of Arbor Day, and about the different trees at this park, including their many uses. Trees and tools will be provided. Bring water and snacks, along with your own gloves, hats and sunscreen. Meet at the Farmer Road staging area.



Date: Sunday, May 1  
 Time: 9 a.m. – 12 p.m.  
 Fee: Free  
 Age: All

### Crafts Under the Oaks – Nature Impressions

Join Ranger Bobbi on a short hike in the preserve to collecting interesting items from nature. Then, return to the staging area with your treasures to turn them into beads and pendants! Craft items will be provided. Children must be accompanied by an adult. Meet at the amphitheater at the Farmer Road staging area.

Date: Sunday, May 22  
 Time: 9 a.m. – 1:30 p.m.  
 Fee: Free  
 Age: All



**SANTA YSABEL WEST PRESERVE**  
**23000 HIGHWAY 78**  
**SANTA YSABEL 92070 | 760-765-4098**

### Amateur Astronomy and Night Hike

Join Ranger Bill on a mile-and-a-half hike in the preserve, then back to the staging area, to view the planet Jupiter while it's closest to the earth and fully illuminated by the sun! We will have our newly donated telescope on hand for viewing, but visitors are welcome to bring their own binoculars or telescope. All astronomy skill levels are welcome. Bring a flashlight, warm clothing and a jacket. Inclement weather will cancel event.

Date: Saturdays, March 5, May 21  
 Time: March 5, 5 – 9 p.m.; May 21, 7 – 10 p.m.  
 Fee: Free  
 Age: All

### Earth Day for Butterflies!

In the spirit of Earth Day, help plant milkweed at the Santa Ysabel West Preserve. Milkweed is the host plant for Monarch Butterflies. We will be planting in the native plant walkway in the center of the staging area. Join in the discussions on the life cycle of these wonderful insects and what we can do to help them thrive. Tools and plants will be provided.

Date: Sunday, April 24  
 Time: 9 a.m. – 12 p.m.  
 Fee: Free  
 Age: All

### SYCAMORE CANYON/ GOODAN RANCH PRESERVE

**16281 SYCAMORE CANYON ROAD**  
**POWAY 92061 | 858-513-4737**

### Bats Alive!

Bats play an important role in insect control and have developed intriguing behaviors and adaptations to be successful hunters of the night. Join bat rehabilitation experts for a presentation with live bats, and learn about the benefits these small creatures provide to their local ecosystems. This program is made possible through a partnership with volunteers from Project Wildlife. Space is limited to 30; call 858-513-4737 for reservations. This event will be held at the Preserve Visitor Center. Park at the Goodan Ranch staging area and walk about a mile to the center. Inclement weather will cancel event.

Date: Saturday, May 7  
 Time: 10 – 11 a.m.  
 Fee: Free  
 Age: All

# education & enrichment

## SYCAMORE CYN./GOODAN RANCH (CONT.)

### Snakes Encounter

Do you like snakes? Would you like to see them close up? Join park staff and learn all there is to know about San Diego's snake population. You will learn all about these wonderful reptiles including what they eat, how they survive in the wild, and even get a chance to see them up close. Bring the family out for a chance to understand an oft misunderstood animal. Space is limited to 30; call 858-513-4737 for reservations. This event will be held at the Sycamore Canyon Preserve Visitor Center. Park at the Goodan Ranch staging area and walk about a mile to the center. Inclement weather will cancel event.

**Date:** Saturday, April 23  
**Time:** 10 a.m. – 11 a.m.  
**Fee:** Free  
**Age:** All

## WILDERNESS GARDENS PRESERVE

14209 HIGHWAY 76

PALA 92059 | 760-742-1631

### A Look Back in Time

This 1.5 mile interpretive walk is an easy-to-moderate hike that begins at the staging area and proceeds along the main trail. A ranger will speak about the first settlers of the early American Period. During the hike, discuss geography, history and the ecosystem of the preserve. The hike will conclude at the ranger station with a tour of the museum.

**Date:** Saturdays, Feb. 6, 20; March 5, 19; April 2, 16; May 7, 21  
**Time:** 10 a.m. – 12 p.m.  
**Fee:** \$3 parking fee  
**Age:** All



## WILLIAM HEISE COUNTY PARK

4945 HEISE PARK ROAD

JULIAN 92036 | 760-765-0650

### Tree Talk

Trees are more than just firewood... Join park staff for an informative talk about trees. Learn about the biggest and tallest trees, along with how they talk to each other and what we can learn from them. Meet at the amphitheater.



**Date:** Saturday, Feb. 13  
**Time:** 2 – 3 p.m.  
**Fee:** Free for campers/\$3 parking fee  
**Age:** All

## Mighty Crazy Trees

Massive trees and spectacular shrubs are found throughout Heise County Park, along with some amazingly weird specimens! View how forces of nature have created artistic masterpieces like the Grim Reaper, the Battle of the Bulge, the Leaner and the Leaper. This 1.5-mile stroll around the park will unveil a number of natural treasures. Bring your cameras! Wear shoes; no flip-flops or sandals. Meet at the amphitheater.

**Date:** Saturday, Feb. 20  
**Time:** 2 – 3:30 p.m.  
**Fee:** Free for campers/\$3 parking fee  
**Age:** All

## Camping As A Kumeyaay

Would you be comfortable camping without modern equipment? The Kumeyaay people lived in this very location and did so quite well - without all of the conveniences that are available to us today. Learn about local American Indian tribes and the lives they lived more than a century ago... How did they use the natural resources found in this valley? What did they acquire from surrounding areas, as far away as the coast or the desert? Imagine another time and appreciate this ancient culture. This interactive discussion starts in the amphitheater and may include a short hike to natives' favorite camping and shopping sites. Meet at the amphitheater.

**Date:** Saturday, March 5  
**Time:** 2 – 3:30 p.m.  
**Fee:** Free for campers/\$3 parking fee  
**Age:** All

## Touch Table

Stop by our touch table to see skins, skulls and some live snakes local to the area. Learn about the local wildlife found in the park and ask questions of the ranger.

**Date:** Saturday, May 14  
**Time:** 2 – 3:30 p.m.  
**Fee:** Free for campers/\$3 parking fee  
**Age:** All

## Sky Hunters

Join a representative of the Sky Hunters organization and allow them to educate you about the behaviors of hawks, owls, falcons and eagles. Have you ever wondered what you would do if you found a sick or injured raptor or if there were any laws to protect these magnificent birds? This program is not only educational but also allows you to view these amazing birds closer than you normally would in the wild.

**Date:** Saturday, May. 28  
**Time:** 5 – 6 p.m.  
**Fee:** Free for campers/\$3 parking fee  
**Age:** All



# camping



## SYCAMORE CANYON/ GOODAN RANCH PRESERVE

16281 SYCAMORE CANYON ROAD  
POWAY 92061 | 858-513-4737

### Star Party

Join SDAA volunteer astronomers and County Parks staff for a night with the stars. View our galaxy using the same technology used by the professionals to witness out-of-this-world phenomenon. Come prepared to be amazed. This program will be held at the Highway 67 Staging Area (accessed through southbound 67, only located at 13899 Highway 67). Inclement weather will cancel this event.

**Date:** Fridays, March 18, May 20  
**Time:** 7 p.m.  
**Age:** All  
**Fee:** Free

## OAKOASIS PRESERVE

12620 WILDCAT CANYON ROAD  
LAKESIDE 92040 | 619-561-0580

### Star Party and Family Campout

Ever wondered what's up there? Join Park Rangers and the San Diego Astronomy Association for an evening of stargazing, astronomy, and campfire. Arrive right at sunset for a twilight hike to search for bats and scorpions! Adults can "geek out" on astronomy and everyone will enjoy campfire songs, storytelling and s'mores. Call 619-561-0580 or email alex.gilbert@sdcounty.ca.gov for info. The star party lasts 3 hours, but you can make a night of it by reserving a site at the Oakoasis Scout Campground. The rate is \$24 per site; call 858-565-3600 to book your spot! Bundle up, wear sturdy shoes and bring a flashlight.

**Date:** Saturdays  
**Time:** Feb. 6, 5:30 p.m.; March 5, 6 p.m.  
April 2, 7 p.m.; May 7, 7:30 p.m.  
Campsite check-in, 2 p.m., check-out, 12 p.m.  
**Star Party – Free; \$24 per campsite**  
**Fee:**  
**Age:** All

### Meteor Watchers

Wakey, Wakey... Come to the Oakoasis parking lot and greet the meteors and the morning while we view the Centauriids during their peak. Bundle up! Inclement weather or clouds will cancel this event. Call ahead.

**Date:** Monday, Feb. 8, Thursday, May 5  
**Time:** 2 a.m.  
**Fee:** Free  
**Age:** All



# fitness & recreation

## LINDO LAKE COUNTY PARK

12660 LINDO LANE

LAKESIDE 92040 | 619-443-1666

### Lindo Lake Exercise Path

Don't have the time or resources for a gym membership? No need! Get active, be inspired and have fun at Lindo Lake County Park. The Lindo Lake exercise path has multiple exercise stations, including stationary bikes, leg presses, lat pulls and abdominal benches. Enjoy Lindo Lake's scenic nature the next time you want to get a free, fun workout! Exercise path training guides are available in the Lakeside Community Center office on request.

Date: Daily  
Time: 9:30 a.m. – 5 p.m.  
Fee: Free  
Age: All

## SYCAMORE CANYON/ GOODAN RANCH PRESERVE

16281 SYCAMORE CANYON ROAD

POWAY 92061 | 858-513-4737

### Dirty Feet 100k/50k/Half Marathon

Dirty Feet Productions and park staff will be hosting a foot race in Sycamore Canyon on Feb. 27. Details, including race and registration information, can be found at [www.dirtyfeet.ca](http://www.dirtyfeet.ca) or by contacting park staff.

Date: Saturday, Feb. 13  
Time: 7 a.m.  
Fee: Visit [www.dirtyfeet.ca](http://www.dirtyfeet.ca)  
Age: All

### Geocaching Hunt

Learn all about the interesting sport of geocaching!

Geocaching has been around for 15 years and is played worldwide. Experience, first-hand, the delight of the search and the joy of the discovery! Space is limited; call (858) 513-4737 to reserve your spot. Guests will park at the Goodan Staging area and must walk approximately 1 mile to the Visitor Center. Reservations required. Inclement weather will cancel this event.



Date: Saturday, April 9  
Time: 9 – 11 a.m.  
Fee: Free  
Age: All



## LOUIS A. STELZER COUNTY PARK

11470 WILDCAT CANYON ROAD

LAKESIDE 92040 | 619-561-0580

### Volunteer Work Party

Looking for a chance to give back to your local park? Work alongside rangers to keep the park safe and beautiful. Volunteer projects will be outdoors, both in the park and on the trails. It's a great opportunity to collect community service hours and ideal for scout troops, youth groups, meet up groups, and other interested individuals. Expect to burn some calories and get a little dirty. Participants will sign a volunteer waiver at the start of the program. Bring a water bottle and wear sturdy shoes, a hat and sunscreen. Programs and times are subject to change depending on the weather and ranger availability.

Date: Saturdays  
Time: 9 – 11 a.m.  
Fee: \$3 parking fee  
Age: All

### Stelzer Fit Workout

Stelzer Park can be your gym! The park will be running intermediate-level exercises including: pull-ups, push-ups, sit-ups and a run! Meet at the ranger station. Please wear exercise clothing, running shoes, and bring a bottle of water.

Date: Sundays  
Time: 11 a.m. – 12 p.m.  
Fee: \$3 parking fee  
Age: All





## 4S RANCH SPORTS PARK

16118D 4S RANCH PARKWAY  
SAN DIEGO 92127 | 858-673-3900

### Adult Wheelchair Lacrosse

Come one, come all! This program is a great opportunity for adults of all abilities to come together and recreate. Drop-in and play for free – equipment is also available at no cost. For more information, contact the 4S Ranch Recreation Office.

Date: Sundays  
Time: 10 a.m. – 12 p.m.  
Fee: \$25/session  
Age: Adults (18+)

### Youth Roller Hockey Clinics

Youth roller hockey focuses on the importance of skating and puck handling. Registration is ongoing and open to all skill levels. For more information, visit [www.4sranchrollerhockey.com](http://www.4sranchrollerhockey.com) or the 4S Ranch Recreation Office.

Date: Saturdays  
Time: 8 a.m. – 12 p.m.  
Fee: \$25/session  
Age: 5-17 year-olds

### Adult Roller Hockey League

Join our roller hockey league on Monday, Tuesday and Wednesday night! Teams play each other throughout the season, with team standings dividing teams into divisions for playoffs and championships. Free-agent players are also welcome, and more information can be found at [www.4sranchrollerhockey.com](http://www.4sranchrollerhockey.com) or the 4S Ranch Recreation Office.

Date: Mondays, Tuesdays and Wednesdays  
Time: Call for information  
Fee: \$700/team (includes all fees)  
Age: Adults (18+)

### Adult Basketball League

Our adult basketball league is the talk of the town! We have options for all skill levels, from recreational teams to semi-pro talent. Each team is guaranteed 10 games and a minimum of one playoff game. Track stats on the league website, [www.4sranchbasketball.com](http://www.4sranchbasketball.com). Contact the 4S Ranch Recreation Office for additional information.

Date: Mondays and Tuesdays  
Time: Call for information  
Fee: \$350/league fee + \$25/referee fee (per game)  
Age: Adults (18+)



## WATERFRONT PARK

1600 PACIFIC HIGHWAY  
SAN DIEGO 92101 | 619-232-PARK

### All Levels Yoga



The All Levels yoga class will include a traditional yoga flow followed by restorative yoga poses. Classes are held every Monday at 6 p.m. Outdoor yoga provides convenient fitness and stress reduction for everyone.

Date: Mondays  
Time: 6 – 7 p.m.  
Fee: \$7 drop-in fee  
Age: Adults (18+)

### Full Moon Yoga

This Full Moon Yoga Class is open to all levels. This will be an opportunity each month to take time to pause, check in with yourself, and connect with nature outside.

Date: Monday, Feb. 23; Wednesday, March 23;  
Thursday, April 21; Sunday, May 22  
Time: 6 – 7 p.m. (Feb. 23); 7 – 8 p.m. (all other dates)  
Fee: \$7 drop-in fee  
Age: Adults (18+)

### Condor Fitness Boot Camp

This program will make you sweat! Boot camp will target the entire body to increase your strength while losing excess body weight. The fast-paced program combines the use of medicine balls, kettle bells, and exercise ladders to maximize calorie burn. Test your physical strength as well as your mental strength. This is a great way for athletes to improve their fitness and stay in shape during the off-season. All workouts are modified for individual fitness levels.

Date: Tuesday – Friday  
Time: 6:30 – 7:30 a.m.  
Fee: \$7 drop-in fee; \$60/month 4 times a week,  
\$55/month 3 times a week, \$50/month twice a week  
Age: Adults (18+)

# fallbrook community center

## FALLBROOK COMMUNITY CENTER

341 HEALD LANE

FALLBROOK 92028 | 760-728-1671

HOURS: MONDAY – FRIDAY, 9 A.M. – 6:30 P.M.

CLOSED: SATURDAYS – SUNDAYS

### Outdoor Volleyball

Bump-Set-Spike! Adult pick-up Volleyball is coming to the community center. This fun, competitive and fast-paced sport is enjoyed by adults of all fitness levels. Volleyball offers a workout that requires speed, agility, balance, flexibility, and coordination. Pre-registration is not required. Players of all levels are welcome.

Date: Wednesdays and Fridays

Time: 6 – 8 p.m.

Fee: \$2/night

Age: Adults

### ATA Success Martial Arts

ATA Success Martial Arts provides the perfect environment for the entire family to learn Taekwondo. As part of the American Taekwondo Association (ATA), instructors strive to teach the sport, physical fitness, self-defense and self-esteem in a fun environment. Advancement in rank is offered from beginner to black belt. Uniforms and equipment are available at class but are not mandatory.

Date: Tuesdays

Time: 3 – 6 years: 4:30 – 5 p.m.

7+ years: 5:15 – 6 p.m.

Fee: \$8/class

Age: 3 and older

### Beginner Guitar I

Want to play guitar, but don't know how to start? Learning guitar can be frustrating, or it can be loads of fun. In Beginner Guitar I you will learn basic chords, chord progressions and easy-to-play picking for real songs from the ground up. You will also practice playing guitar with classmates. Guitar picks and printed instructional material will be provided. If you break a guitar string during class we'll replace that as well. Challenge yourself, increase your skill, and have a lot of fun with hands-on instruction. In a few short weeks, you will learn the theme song to Pirates of the Caribbean.

Date: Tuesdays, March 1 – 22

Time: 5 – 6 p.m.

Fee: \$60/4-week session

Age: 9 and older

### Beginner Youth Cheerleading and Tumbling

Cheerleading is one of the fastest growing competitive sport in the U.S. Your child will learn coordination skills, muscle strengthening, rhythm and how to count beats. Your child will be introduced to basic drills, tumbling and basic cheerleading stunts. Please wear tennis shoes and comfortable clothes.

Date: Wednesdays

3 – 4 p.m.

Fee: \$35/4-week session

Age: 7-12



### Dog Obedience Training Basics

True freedom for your dog comes with proper training. With a firm combination of loving and patient training methods, owners and the instructor will turn our four-legged friends into well-mannered family members. Basic obedience commands will be covered such as, "watch me," "sit," "down," "stay," "let's go," and "come." Students will develop leadership skills and work on socializing their dogs. The class is for dogs aged 4 months and older (with vaccinations).

This class meets rain or shine. Orientation class is strongly recommended. All other classes will be held on Saturday mornings from 9:30 - 10:30 a.m. Please do not bring dogs to the orientation class.

Date: Session 1: Feb. 3 – March 5

Orientation: Feb. 3 at 6 – 7 p.m.

Session 2: April 27 – May 28

Orientation: April 27 at 6 – 7 p.m.

Fee: \$105/5-week session + \$10 material fee

Age: 12 and older





# fallbrook community center rentals

wedding | birthday | anniversary | banquet | meeting

The Fallbrook Community Center is a convenient, affordable, and attractive location for your special event. The building is fully air conditioned, rooms can accommodate up to 250 guests, tables/chairs/public address system and commercial kitchen facilities are all available for additional fees.

Reserve a Community Center Pavilion for your next BBQ or picnic! The reservation fee is \$100 per day. Hours are 9 a.m. to dusk. No bands or DJ's. A jumper is okay at the Heald Lane area only. For information, contact the Fallbrook Community Center office 760-728-1671 or email [fallbrook.community.center@sdcounty.ca.gov](mailto:fallbrook.community.center@sdcounty.ca.gov).

Room	Capacity	Square Feet	Regular Hr./Day	Non-Profit Hr./Day	Refundable Deposit	Table/Chair Rental Fee
Auditorium (Fri – Sun)	250	4032 sq. ft.	\$540/4 hrs. \$100 additional hour	\$405/4 hrs. \$75 additional hour	\$300	\$100
Auditorium (Mon – Thurs)	250	4032 sq. ft.	\$100/hr.	\$75/hr.	\$150	\$50
Kitchen – with Auditorium Only	-		\$105 flat rate	\$85 flat rate	-	-
Eucalyptus Room	30	528 sq. ft.	\$27/hr.	\$20/hr.	-	-
North Room	60	1025 sq. ft.	\$220/4 hrs. \$55 additional hour	\$160/4 hrs. \$40 additional hour	\$100	\$30



## LIVE OAK COUNTY PARK

2746 RECHE ROAD

FALLBROOK 92028 | 760-728-23033

Live Oak County Park is an oak tree forest that begs for visitors to stay and enjoy its beauty. It's ideal for picnicking, strolling and sharing time with family and friends. Live Oak is also a cornerstone of the Fallbrook community and a favorite for special events like weddings, family reunions and ceremonies. Call for information or to schedule a tour with a ranger.

## Arts in the Park

Children and their families are invited to a day of artistic adventures. Arts in the Park provides the opportunity for children and their families to participate in free activities, including arts and crafts, drama, music and dance. The event is sponsored by the Fallbrook-Bonsall Rally for Children.

**Date:** Saturday, March 19  
**Time:** 9 a.m. – 2 p.m.  
**Fee:** \$3 parking fee  
**Age:** All

## Bark in the Park

This community event is geared towards healthy and responsible dog ownership. The event includes a voluntary dog walk, dog contests, food and demonstrations. All proceeds go towards maintenance of the leash-free dog area. For more information, visit [www.liveoakdogpark.com](http://www.liveoakdogpark.com).

**Date:** Sunday, April 24  
**Time:** 11 a.m. – 4 p.m.  
**Fee:** \$3 parking fee  
**Age:** All

# lakeside community center



## LAKESIDE COMMUNITY CENTER

9841 VINE STREET

LAKESIDE 92040 | 619-443-9176

HOURS: MONDAY – FRIDAY, 12 – 8 P.M.

CLOSED: SATURDAYS – SUNDAYS



## It's How We Live Health Fair

The It's How We Live! Health Fair is a free community festival for the entire family. Activities include games, a rock climbing wall and an obstacle course. Health-related information booths will also be on display, as well as healthy food samples, and health and dental screenings. The event will immediately follow the Lakeside Union School District's Run For The Arts. The event takes place at the Lindo Lake County Park ballfield.

Date: Saturday, March 12

Time: 9 a.m. – 12 p.m.

Fee: Free

Age: All

## Kidz Love Soccer – Soccer 1 Techniques and Teamwork

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches are introduced gradually. All participants will receive a Kidz Love Soccer jersey. Shin guards are required after the first meeting. The event takes place at the Lindo Lake County Park ballfield.

Date: Wednesdays, Feb. 10 – March 16

Time: 4:05 – 4:50 p.m.

Fee: \$77

Age: 5 – 6 years

## Wonders! Rocket Camp

Build and launch a 2-foot rocket that soars over 800 feet, experiment with actual conditions found on some planets that are solid from frozen gases, make paper airplanes that will fly higher than a building... and more!

Date: Monday – Friday, March 21 – 25

Time: 1:30 – 4:30 p.m.

Fee: \$125 + \$30 materials

Age: 5 – 14 years

## Preschool Dance 1

Your young dancer is finally ready to dance on their own, and this class will teach a variety of different dance techniques including pre-ballet as well as tap! Simple bar exercises will also be introduced. Ballet and elastic band tap shoes, a leotard and tights must be worn to every class. No tutus. Accompanying adults must wait outside. Students must have prior instructor approval. This class will be offered in two, six week sessions. Each student will receive a free T-shirt. New students, please come in 15 minutes early to register! For more information, email [tumblingfortots@gmail.com](mailto:tumblingfortots@gmail.com).

Date: Session 1: Saturdays, Feb. 6 – March 12

Session 2: Saturdays, April 2 – May 7

Time: 9 – 9:45 a.m.

Fee: \$40/month

Age: 3.5 – 5 years

## Art History: Georgia O'Keeffe

This class will discuss the most significant phases of her long career; her exceptional skills as a painter; O'Keeffe's relationship with Stieglitz; the artistic climate in the USA at the time and the way in which European art brought about changes; her use of color, shape and form to tell a story and her success in staying true to her own vision. Minimum participation is 10 students.

Date: Wednesdays, Feb. 3 – 17

Time: 10 – 12 a.m.

Fee: \$60

Age: 18 and older

## Still Life Painting/Drawing

Gain skills with the materials and tools while acquiring an understanding of core concepts of how to create balanced painting. This course will focus on form, value, light and shadow, and composition. Color mixing, warm and cool relationships of colors, and problem solving will be emphasized as the class moves from learning fundamental concepts to completing still life paintings. Materials and process will be discussed at the first session of the class (a supply list is available). Minimum participation is six students.

Date: Feb. 3 – March 9

Time: 1 – 3 p.m.

Fee: \$150

Age: 18 and older



# REC CLUB

## LAKESIDE TEEN CENTER AND REC CLUB

9911 VINE STREET | P.O. BOX 1708

LAKESIDE 92040 | 619-443-4169

**HOURS: MONDAY – FRIDAY 2 – 6 P.M.  
WEDNESDAY 1 – 5 P.M.**

**CLOSED: JAN. 18 • FEB. 15 • MARCH 31 • MAY 30**

**AGES: 10 – 17**

The Lakeside REC Club demonstrates how the County of San Diego Department of Parks and Recreation makes a positive difference in the lives of youth. The goal of REC Club is to provide a safe, fun, positive environment that is free of violence, drugs, prejudice and racism.

To achieve this, the club offers opportunities for middle and high school youth to grow through physical fitness, art expression, leadership roles, community service, and education activities while enhancing their self esteem, communication skills, problem-solving ability and community involvement.

The fundamental objective of the program is to succeed in life. We encourage youth to take a proactive role toward leading healthy lives free of drugs and violence. For more information, contact Douglas Trawick, Recreation Program Coordinator, at 619-443-4169.

### Weekly Activities

- Arts & Crafts
- Community Service Projects
- Field Trips
- Homework Assistance
- Gardening
- Monthly Special Events
- Cooking Classes
- Super Crew
- Sports Activities

### Upcoming Events

- Ropes Course at Camp Stevens (call for info)
- San Diego Opera (Feb. 11, May 5)
- Joshua Tree Rock Climbing (March 24 – 25)
- Skate Trips (once a month)

### Energy Saving Adventures (ESA)

Energy Saving Adventures (ESA) is the new REC Club perspective of taking charge of our future through resource conservation. The daily after school program inspires and empowers youth to create change in the world around them. Through films, tournaments, activities, experiments, and field trips, each day, teens tackle important concepts through an Energy Saving Adventure.

**Date: Monday – Friday**  
**Time: 3 – 5 p.m.**



### RECXplorers

RECXplorers is an outdoor adventure program which is focused on developing an appreciation for the outdoors and an ethic of environmental stewardship. Working together, ESA and RECXplorers have developed programs that culminate in what has been named Environmental Energy Education, a hybrid project of sustainability and outdoor recreation. Multiple FREE off-site field trips offered!

### Homework Hour

Homework Hour provides youth with the opportunity to complete their daily schoolwork in an ideal environment with assistance from staff and volunteers. Teens will be able to utilize the Lakeside Library if they need to do research on the internet or type a paper. This is an excellent opportunity for youth to receive assistance with their homework and complete it prior to going home for the day.

**Date: Monday – Thursday**  
**Time: Monday – Thursday, 2:30 – 3:30 p.m.**  
**Wednesday, 1:30 – 2:30 p.m.**

### Super Crew

The Super Crew program focuses on developing teenagers (14 years old and older) into leaders who will exemplify what it means to be a REC Club member. Super Crew members will get involved with community service projects, service learning, and other opportunities to give back to the community. In addition, the Super Crew will focus on developing teenager's skills and abilities to help them succeed as they transition into adults; skills such as resume building, formal communication, job applications, college preparedness, and much more.

**Date: Wednesdays**  
**Time: 4 – 5 p.m.**

# spring valley community center



## Ballet Folklórico (Beginning)

Enjoy a true cultural dance experience for males and females of all ages. Our instructor brings more than 35 years of experience in teaching performance and dance. Students will have many performances throughout the year, including one in Old Town and another at the San Diego County Fair. In all, students in this class will have the opportunity to learn and perform 16 additional dances! The instructor will advance each student, accordingly.

Dates: Jan. 7 – Feb. 25  
March 3 – April 28  
May 5 – June 30  
Time: 5:30 – 6:15 p.m.  
Fee: \$65  
Ages: 3 and older



## Spring Camp

Enjoy two weeks of fun during Spring Break! Spring Camp consists of arts and crafts, science, sports and games, and other fun projects to fill the day. Camps fill up quickly, so register now to reserve your child's spot. Register by March 14 to ensure your child's spot. Bring sunscreen lotion/spray, bottled water and closed-toed shoes.

### WEEK ONE

Date: March 21 – March 25  
Time: 7 a.m. – 6 p.m.  
Fee: \$95/week/child; \$33 daily rate  
Ages: 6 – 12 years

### WEEK TWO

Date: March 28 – April 1  
Time: 7 a.m. – 6 p.m.  
(No camp March 31)  
Fee: \$85/week/child; \$33 daily rate  
Ages: 6 – 12 years

## SPRING VALLEY COMMUNITY CENTER

8735 JAMACHA BOULEVARD

SPRING VALLEY 91977 | 619-479-1832

HOURS: MONDAY, 9 A.M. – 4 P.M.; TUESDAY – THURSDAY, 10 A.M. – 8 P.M.  
FRIDAY, 9 A.M. – 5 P.M.

CLOSED: SATURDAYS – SUNDAYS

## Tutoring Club – Intergenerational

Join in on the fun of learning! Children in grades K through 8 can participate in this one-of-a-kind intergenerational tutoring program. The program offers students the opportunity to receive homework assistance from professional tutors, retired school teachers, education interns from San Diego State University and Spring Valley Community Center staff. Additionally, we provide healthy snacks, a recreational game and speech practice. Sign-ups are ongoing.

Date: Feb. 3 – March 17  
Time: 3 – 4:30 p.m.  
Fee: \$5  
Ages: Grades K – 8

## Dog Obedience

Materials needed include a choker (training collar), 6-foot and 20-foot leash. Pet owners must provide proof of current rabies and vaccination records for each dog. Dogs must be 4 months old or older for this class.

Date: Feb. 13 – March 19, April 16 – May 21  
Time: 9 – 10 a.m.  
Fee: \$70  
Ages: 12 and older

## It's How We Live

Spring Valley is celebrating its 11th Annual "It's How We Live!" event - a health and wellness festival that has a wide array of activities for the entire family including a bounce house, live entertainment, information booths, healthy food samples, health and dental screenings, prizes and giveaways.

Date: Saturday, April 23  
Time: 10 a.m. – 2 p.m.  
Fee: Free  
Age: All

## Village Fest

The Spring Valley Community Center is celebrating its 2nd annual "Village Fest" in celebration of Asian-Pacific American Heritage Month. This event features live entertainment, speakers, children's activities, food, a bounce house and much more.

Date: Saturday, May 14  
Time: 10 a.m. – 2 p.m.  
Fee: Free  
Age: All



# REC CLUB



## **SPRING VALLEY TEEN CENTER AND REC CLUB**

**838 KEMPTON STREET**

**SPRING VALLEY 91977 | 619-667-6835**

**HOURS: MONDAY – FRIDAY 2:30 – 6:30 P.M.**

**CLOSED: JAN. 18 • FEB. 15 • MARCH 31 • MAY 30**

**AGES: 10 – 17**

The Spring Valley REC Club demonstrates how the County of San Diego Department of Parks and Recreation makes a positive difference in the lives of youth. The goal of REC Club is to provide a safe, fun, positive environment that is free of violence, drugs, prejudice and racism.

To achieve this, the club offers opportunities for middle and high school youth to grow through physical fitness, art expression, leadership roles, community service, and education activities while enhancing their self esteem, communication skills, problem-solving ability and community involvement.

The fundamental objective of the program is to succeed in life. We encourage youth to take a proactive role toward leading healthy lives free of drugs and violence. For more information, contact Kevin Payton, Recreation Program Coordinator, at 619-667-6835.

## **Weekly Activities**

- Arts and Crafts
- Community Service
- Journalism Class
- Gardening
- Guitar and DJ Classes
- Cooking Class
- Special Interest Clubs
- Sports and Fitness Activities
- Volunteer Projects

## **Nature Explorers Program**

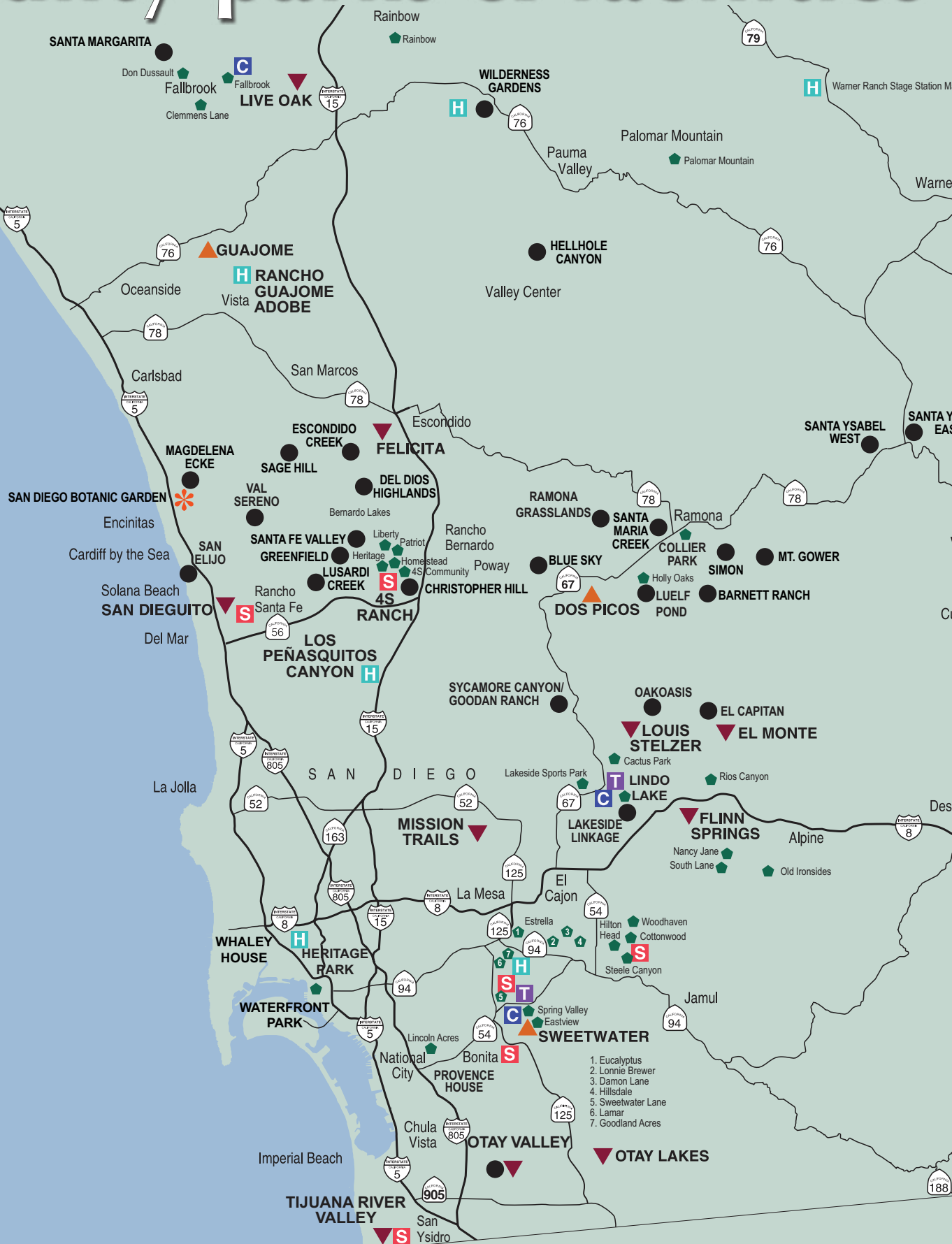
The Nature Explorers Program is an outdoor adventure program which is focused on developing an appreciation for the outdoors and an ethic of environmental stewardship. Through engaging in outdoor adventures like hiking, surfing, kayaking and rock climbing REC Club members will learn about nature in an exciting environment that will help to reinforce lessons based on California Next Generation Science Standards.



Lessons focus on natural cycles, energy flow in the food chain, the many interrelationships that we can observe in nature, adaptations and history of the areas that we visit. Students participate in informal class settings with the hope of associating the information they learn with the fun experience to help reinforce knowledge retention.

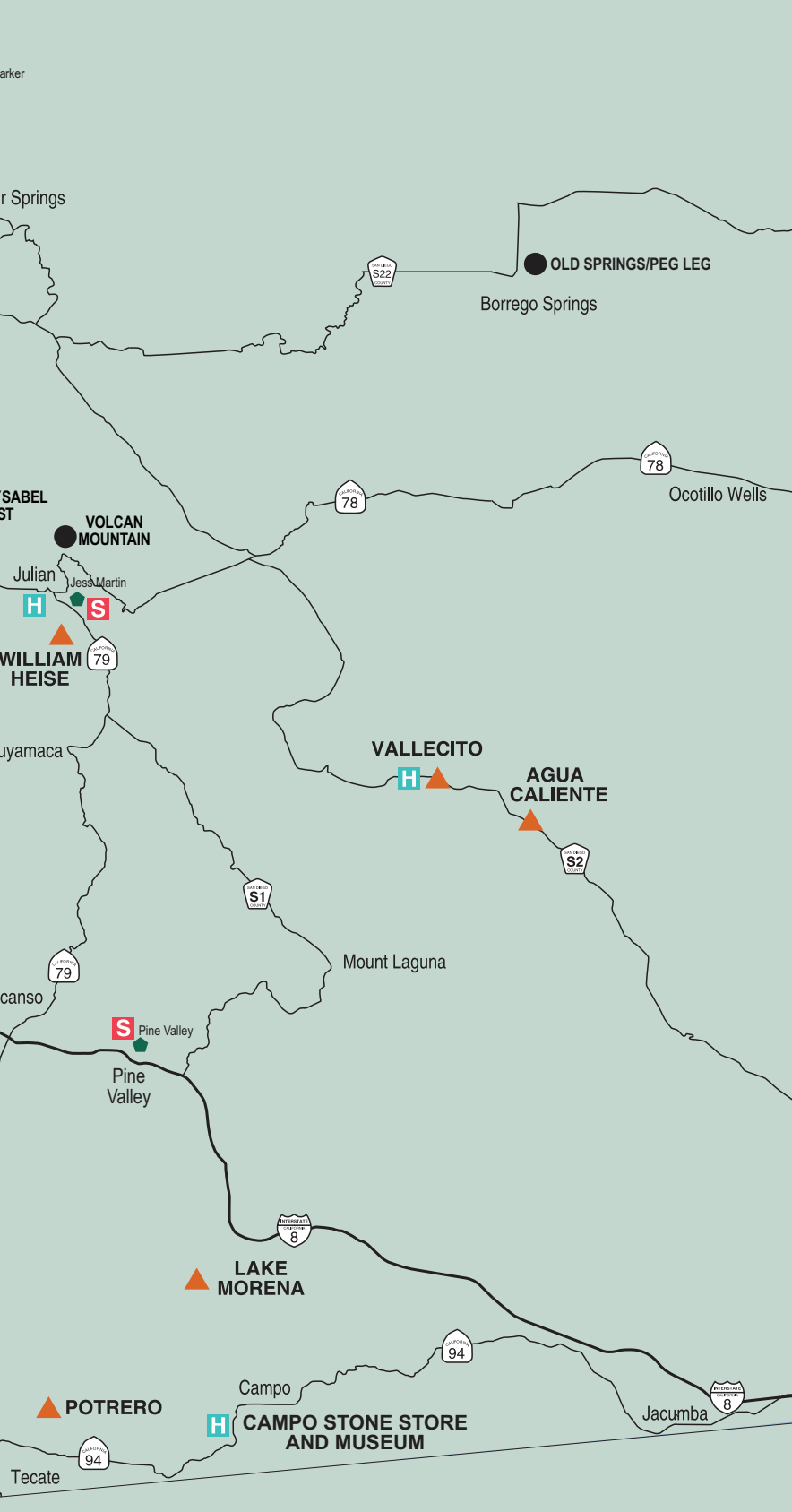
These trips can range from day hikes and local camping trips to surfing and rock climbing in Joshua Tree National Park. All Nature Explorers Program outdoor adventures are free to members of the REC Club. Permission slips are available two weeks prior to each trip and members selected to attend will be notified one week in advance. Call 619-667-6835 for more information and the latest schedule of trips.

## 24





# map



## Legend

-  Camping Park
-  Regional Park
-  Local Park
-  Open Space Preserve
-  Historic Site
-  Community Center
-  Teen Center
-  Sports Complex
-  Botanic Garden

Park listings located on page 26



### About The Cover Photo...

Congratulations to our Green Friday Photo Contest winner, Mike Clarken for submitting the cover photo for our Spring 2016 Program Guide. This image of his son was taken at William Heise County Park.

# park listings

To view park locations  
please visit the map  
on pages 24-25

## Central San Diego

### Heritage County Park

2454 Heritage Park Row  
San Diego 92110 | 858-565-3600

### Mission Trails Regional Park

1 Father Junipero Serra Tr.  
San Diego 92119 | 619-668-3281

### Waterfront Park

1600 Pacific Hwy.  
San Diego 92101 | 619-232-PARK

### Whaley House

2476 San Diego Ave  
San Diego 92110 | 619-297-7511

## East County/Deserts

### Agua Caliente County Park

39555 Stage Route of 1849  
Julian 92036 | 760-765-1188

### Cactus County Park

10610 Ashwood St.  
Lakeside 92040 | 619-644-5492

### Campo Stone Store

31130 State Highway 94  
Campo 92006 | 619-663-1885

### El Capitan Open Space Preserve

13775 Blue Sky Ranch Rd.  
Lakeside 92040 | 619-561-0580

### El Monte County Park

15805 El Monte Rd.  
Lakeside 92040 | 619-443-1474

### Flinn Springs County Park

14787 Old Highway 80  
El Cajon 92021 | 619-561-0180

### Lake Morena County Park

2550 Lake Morena Dr.  
Campo 91906 | 619-579-4101

### Lakeside Community Center

9841 Vine St  
Lakeside 92040 | 619-443-9176

### Lakeside Linkage Preserve

Los Coches Rd., north of Ha Hana Rd.  
Lakeside 92040 | 619-561-0580

### Lindo Lake County Park

12660 Lindo Ln.  
Lakeside 92040 | 619-443-1666

### Potrero County Park

24800 Potrero Park Dr.  
Potrero 91963 | 619-478-5212

### Spring Valley Community Center

8735 Jamacha Blvd.  
Spring Valley 91977 | 619-479-1832

### Spring Valley Gymnasium

838 Kempton St.  
Spring Valley 91977 | 619-667-6833

### Sweetwater Lane County Park

1312 Sweetwater Ln.  
Spring Valley 91977 | 619-644-5492

### Vallecito County Park

37349 Stage Route of 1849  
Julian 92036 | 760-765-1188

## East County/Mountains

### Collier County Park

626 E St.  
Ramona 92065 | 760-789-6002

### Dos Picos County Park

17953 Dos Picos Park Rd.  
Ramona 92065 | 760-789-2220

### Julian Museum & Pioneer Park

2811 Washington St.  
Julian 92036 | 760-765-0227

### Louis Stelzer County Park

11470 Wildcat Canyon Rd.  
Lakeside 92040 | 619-561-0580

### Mt. Gower Preserve

17090 Gunn Stage Rd.  
Ramona 92065 | 760-788-3326

### Oak oasis Preserve

12620 Wildcat Canyon Rd.,  
Lakeside 92040 | 619-561-0580

### Pine Valley County Park

28810 Old Highway 80  
Pine Valley 91962 | 619-473-8558

### Santa Ysabel Preserve (East)

500 Farmer Rd.  
Julian 92036 | 760-765-4098

### Santa Ysabel Preserve (West)

29510 Highway 78  
Santa Ysabel 92070 | 760-765-4098

### Sycamore Canyon/ Goodan Ranch Preserve

16281 Sycamore Canyon Rd.  
Poway 92064 | 858-513-4737

### Volcan Mountain Preserve

1209 Farmer Rd./Wynola Rd.  
Julian 92036 | 760-765-4098

### William Heise County Park

4945 Heise Park Rd.  
Julian 92036 | 760-765-0650



## North County Coastal

### Guajome Regional Park

3000 Guajome Lake Rd.  
Oceanside 92057 | 760-724-4489

### Rancho Guajome Adobe

2210 N. Santa Fe Ave.  
Vista 92083 | 760-724-4082

### San Diego Botanic Garden

230 Quail Gardens Dr.  
Encinitas 92024 | 760-436-3036

### San Dieguito County Park

1628 Lomas Santa Fe Dr.  
Del Mar 92014 | 858-755-2386

### San Elijo Lagoon & Nature Center

2710 Manchester Ave.  
Cardiff 92007 | 760-634-3026

## South County

### Otay Lakes County Park

2270 Wueste Rd.  
Chula Vista 91915 | 619-482-7361

### Otay Valley Regional Park

2155 E. Beyer Blvd.  
San Diego 92154 | 619-424-0463

### Sweetwater Summit Regional Park

3218 Summit Meadow Rd.  
Bonita, CA 91902 | 619-472-7572

### Tijuana River Valley Regional Park

2721 Monument Rd.  
San Diego 92154 | 619-428-2946

## North County Inland

### 4S Ranch Sports Park

16118D 4S Ranch Pkwy.  
San Diego 92127 | 858-673-3900

### Del Dios Highlands Preserve

9860 Del Dios Hwy.  
Escondido 92025 | 760-745-4379

### Fallbrook Community Center

341 Heald Ln.  
Fallbrook 92028 | 760-728-1671

### Fallbrook Sports Park

2551 Olive Hill Rd.  
Fallbrook 92028 | 760-451-0012

### Felicita County Park

742 Clarence Ln.  
Escondido 92025 | 760-745-4379

### Hellhole Canyon Preserve

19324 Santee Ln.  
Valley Center 92082 | 760-742-1631

### Live Oak County Park

2746 Reche Rd.  
Fallbrook 92028 | 760-728-2303

### Los Peñasquitos Canyon Preserve

12122 Canyonside Park Dr.  
San Diego 92129 | 858-484-7504

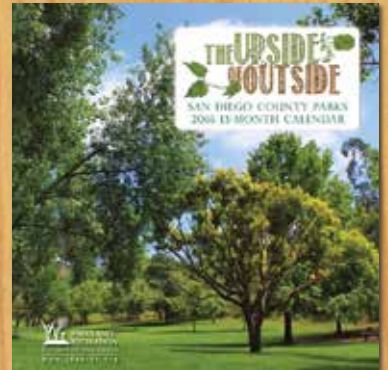
### Santa Margarita Preserve

37385 De Luz Rd.  
Fallbrook 92028 | 760-728-2303

### Wilderness Gardens Preserve

14209 Highway 76  
Pala 92059 | 760-742-1631

## THE 2016 DPR CALENDAR



The County of San Diego Department of Parks and Recreation is proud to share the first edition of its 13-month calendar, featuring beautiful photography from County Parks, with listings for national, county and park-related holidays.

DPR Calendars make a great gift and are available at the reservations desk. Pick yours up today!



San Diego County  
Parks and Recreation  
5500 Overland Ave., Suite 410  
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## County Parks Campground Pricing

Reservations: (877) 565-3600 or visit [sdparks.org](http://sdparks.org)

Camping Park	Full Hookup	Partial Hookup	Non Hookup	Tent Site	Cabins
<b>Agua Caliente</b> 39555 Great Southern Stage Route of 1849 • Julian, CA 92036 • 760-765-1188	\$33	\$29	\$24	\$24	\$70
<b>Dos Picos</b> 17953 Dos Picos Park Rd. • Ramona, CA 92036 • 760-789-2220	N/A	\$29	\$24	\$24	\$67
<b>Guajome Regional</b> 3000 Guajome Lake Rd. • Oceanside, CA 92057 • 760-724-4489	N/A	\$29	N/A	N/A	\$100
<b>Lake Morena</b> 2550 Lake Morena Dr. • Campo, CA 91906 • 619-579-4101	N/A	\$27	\$22	\$22	\$50
<b>Potrero</b> 24800 Potrero Park Dr. • Potrero, CA 91963 • 619-478-5212	N/A	\$27	\$22	\$22	\$70
<b>Sweetwater Summit</b> 3218 Summit Meadow Rd. • Bonita, CA 91902 • 619-472-7572	\$33	\$29	N/A	N/A	N/A
<b>Vallecito</b> 37349 Great Southern Stage Route of 1849 • Julian, CA 92036 • 760-765-1188	N/A	N/A	\$22	\$22	N/A
<b>William Heise</b> 4945 Heise Park Rd. • Julian, CA 9203 • 760-765-0650	N/A	\$29	\$24	\$24	\$62

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